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Tuesday



SURPRISE, SURPRISE
McGwire admits he took steroids in his 70-home-run season **14**

SEX SCANDAL
N. Ireland's leader resigns over his wife's affair with a teenager **8**



HEARD 'EM ALL BEFORE
Get ready for a new batch of archetypes on 'American Idol' **25**

am **38** | **23** pm

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JANUARY 12, 2010 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

Palin 2.0

The GOP's most polarizing player joins Fox News as she steadily works to build up a base of her own **13**

SCOTT MCCARTHY/EXPRESS



EYE OPENERS

Seemingly Romantic Gift
Actually Huge Pain in Butt

Maryland is selling a bridge in Cecil County. The State Highway Administration says the Maryland Route 545 bridge in Childs is available to be purchased and reused at a new location. The state is willing to sell to a city, county, historic preservation group, nonprofit, corporation or individual. The new owner would be required to preserve the bridge according to established standards for historic bridges. (AP)

“I guess they just
wanted me to stand
there and get beaten.”

— ED BAUMAN, A WAL-MART GREETER IN PALM BAY, FLA., WHO WAS FIRED FOR “GROSS MISCONDUCT” AFTER DEFENDING HIMSELF AGAINST A CUSTOMER WHO PUNCHED HIM.

Dead Horse
Beat Beyond
Recognition



A failed judicial candidate in Fairchance, Pa., who just can't believe he received so few votes is taking his appeal to the U.S. Supreme Court. Robert Pritchard Sr. got just 63 votes for district judge in the May 2009 primary. The winner, an incumbent, got 2,900 votes, and another challenger got 957. Pritchard says people could have voted illegally because the county allegedly hasn't properly purged 25,000 dead or unregistered voters from its rolls. (AP)

The Big Picture



VOLKSWAGEN DRAMATICALLY unveiled the New Concept Coupe hybrid at the North American International Auto Show Monday in Detroit. A production version of the two-door car could be sold as part of the company's Jetta lineup, according to AutoWeek. (EXPRESS)



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In Brief

FORT COLLINS, COLO.

Dad in Balloon Boy Hoax Begins His Prison Term

Heene

The Colorado man who orchestrated the balloon boy hoax turned himself in Monday to begin a 90-day jail sentence. Richard Heene reported to the Larimer County jail in Fort Collins on Monday morning. He pleaded guilty to attempting to influence a public servant after the Oct. 15 saga that captivated a national TV audience. (AP)

MADISON, WIS.

Ammo Carried on Plane

A passenger inadvertently carried shotgun shells onto a Dallas-bound Midwest Airlines plane at Milwaukee's airport on Monday before he realized his mistake and alerted flight attendants, authorities said. The man said he had forgotten that the ammunition was in his carry-on bags when he boarded the flight. (AP)

NEW YORK

Gas Nears \$3 Per Gallon

After a long run of low prices, gas is rapidly approaching \$3 per gallon again. Gas prices rose 1.4 cents overnight to \$2.749 per gallon on Monday, according to AAA. Prices have climbed 8.4 cents per gallon in the past week. (AP)

President Weighs Fees on Banks

Obama considering ways to raise revenue, recoup bailout funds

Washington

The budget that President Obama submits next month is likely to include fees on banks and other financial institutions as the White House seeks to demonstrate eagerness to trim the federal deficit, an administration official said.

Such a fee would also continue the administration's attempts to recover the billions of dollars that the Treasury lent during the financial crisis last year.

A senior White House official confirmed that a fee on financial institutions is part of a menu of ideas the president is considering as he prepares to submit his budget on Feb. 2.

"The president has made a commitment to the American people that he will recoup their investment in the financial industry," said the official, who spoke on the condition of anonymity. "While we have made great progress in recouping



MARVIN JOSEPH/THE WASHINGTON POST

President Obama could introduce new fees on financial institutions in his budget.

a large portion of the investment, consistent with the law, the president will propose a way to recoup additional funds, and one of the options is a levy on financial institutions."

Key details remain unresolved, including how big the fees would be and how to ensure that they are not passed along to bank customers.

Press secretary Robert Gibbs

declined on Monday to discuss specifics about the president's budget after the proposed fee was first reported on Politico's Web site. But Gibbs said Obama has long favored finding ways to make sure taxpayers are reimbursed.

"The president has talked on a number of occasions about insisting that the money the taxpayers put up ... is paid back in full," Gibbs said.

A fee on the nation's biggest banks could be politically popular, coming at a time when those institutions are poised to offer tens of billions of dollars in bonuses to executives.

Obama tried to rein in bonuses at banks that received large amounts of federal money, but many of those banks have repaid the government. Gibbs said the size of the bonuses nonetheless offends the sensibilities of the president and the American people.

Gibbs called the bank executives "folks who continue to just not get it." In that context, a fee could bolster the administration's focus on "Main Street" concerns, and to emphasize the president's proposals to reform the financial system.

But it is not clear how a fee could be imposed without hurting the very people whose interests White House officials say they are advocating. Some officials have said they worry that a tax on financial transactions — like a withdrawal or deposit — could be too easily shifted to customers. MICHAEL D. SHEAR (THE WASHINGTON POST)



HEALTH

New York Mayor Michael Bloomberg is focusing on sodium as the next enemy in his crusade to coax people into eating better. Bloomberg's health department has already banned trans fats in restaurant meals and forced eateries to post calorie counts on menus. On Monday, the city set guidelines for maximum amounts of salt for a variety of restaurant and store-bought foods. But unlike the trans-fat ban and calorie-count rule, the salt initiative is voluntary. (AP)

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Nation

Prop. 8 Trial Under Way

Arguments begin in major challenge to gay marriage ban

San Francisco

The judge presiding over a highly anticipated gay marriage case peppered lawyers with questions Monday as they presented their opening statements, frequently interrupting the introductory remarks to ask whether there was evidence underlying the remarks.

The first federal trial on the constitutionality of state bans on same-sex marriage got under way with former U.S. solicitor general Theodore Olson quoting the U.S. Supreme Court's own lofty description of matrimony to demonstrate what his clients are being denied. Olson represents two same-sex couples suing to overturn Proposition 8, California's voter-approved ban on same-sex marriage.

"In the words of the highest court in the land, marriage is the most important relationship in life and of fundamental importance to all individuals," Olson told a courtroom packed with reporters and members of the public.

Charles Cooper, a lawyer for sponsors of the ban voters approved in 2008, said in his opening statement that it's too difficult to know



Stuart Gaffney, left, and John Lewis listen during a rally for gay marriage in front of the San Francisco courthouse Monday. Gaffney and Lewis were married in 2008.

YouTube Blocked

The U.S. Supreme Court on Monday placed a two-day halt on the planned YouTube broadcasts of the trial on the constitutionality of California's ban on gay marriage. The justices voted 8-1 to temporarily bar any broadcast beyond the San Francisco courthouse. Opponents of gay marriage said a broadcast of the trial would likely mean "harassment of witnesses, threats to the safety and security of trial participants, unnecessary public exposure and ridicule of trial participants." (BLOOMBERG)

the impact of gay marriage on traditional marriage because the practice is still so new.

He urged the court to take a wait-and-see approach.

Regardless of the outcome of the case, it's likely to be appealed to the U.S. Supreme Court, where it ultimately could become a landmark that determines whether gay Americans have the right to marry.

About 100 people demonstrated outside the federal courthouse Monday. Most were gay marriage supporters who took turns addressing the crowd. About a dozen gay marriage foes stood in the back of the gathering. LISA LEFF (AP)

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Nation

Outlook for Reid's Re-Election Grim

Outrage over Obama
statement plays into
Dem's political woes

Washington

Lost amid the controversy caused this weekend by the revelations about racially tinged comments by Senate Majority Leader Harry Reid about President Obama is the fact that a new independent poll shows the Nevada Democrat in the direst of straits in his re-election fight.

Reid trailed all three Republicans against whom he was tested in a new poll by the Las Vegas Review-Journal. Just one in three voters said they held a favorable opinion of Reid, while 52 percent said they see him in an unfavorable light.

Those numbers — combined with the negative publicity Reid had drawn for his remarks

about Obama's race — have led to increased speculation about whether the majority leader can win re-election and, if he can't, whether he should follow in the footsteps of Sen. Chris Dodd, D-Conn., who announced his retirement last week.



Reid

The reasons for Reid's fall are many — the primary one being that serving as leader of a national party while also seeking re-election in a swing state are simply incompatible in the current political climate.

Still, Senate leaders don't tend to walk away from their jobs — particularly out of fear of electoral defeat — as it would send a dangerous message to other wavering members about the party's electoral prospects. **CHRIS CILLIZZA**
(THE WASHINGTON POST)

Guantanamo Turns Eight



ACTIVISTS DRESSED as Guantanamo Bay detainees march during a demonstration in front of the White House Monday. Protesters took part in the demonstration to mark the eighth anniversary of the opening of the U.S. prison in Guantanamo Bay, Cuba. President Obama has vowed to close the facility.

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Six Troops Killed in Afghanistan

Three Americans among the victims of winter violence

Kabul

Six NATO service members, including three Americans, were killed in Afghanistan on Monday — the deadliest day for the international force in more than two months, underscoring fears that casualties will rise as more foreign troops stream into the country.

Nevertheless, a new poll says Afghans are more optimistic than

they were a year ago and think the Taliban are losing momentum.

The top U.S. commander in Afghanistan said he thought the rising presence of international forces was blunting the militants. Gen. Stanley McChrystal said the international force is on its way to convincing the Afghan people that it was there to protect them.

"When I sit in an area that the Taliban controlled only seven months ago and now you meet with ... elders and they describe with considerable optimism the future, you sense the tide is turning," he told ABC News about a

Signs of Optimism

Nearly seven in 10 Afghans support the presence of U.S. forces, and 61 percent favor the military buildup, according to the survey commissioned by ABC, the BBC and ARD German TV. Also, about 40 percent of Afghans think the Taliban insurgency is weaker now than it was a year ago. The results suggest that most Afghans neither support the Taliban nor share the concerns in the West about the legitimacy of President Hamid Karzai's re-election after a fraud-riddled election. (AP)

recent trip to Helmand province where many of the U.S. reinforcements will be sent.

Nevertheless, the situation remains tenuous for troops on the ground.

Monday's new violence came despite the onset of winter weather. The three Americans were killed in a firefight with militants during a patrol in an undisclosed area of southern Afghanistan, the NATO command announced. That raised to at least 10 the number of U.S. service members killed in Afghanistan so far this year, according to an Associated Press tally. (AP)



Northern Ireland's First Minister Peter Robinson will step down temporarily.

N. Ireland FM Resigns Amid Wife's Teen Affair

Belfast, N. Ireland

The peace process faces a new challenge as Northern Ireland's leader was forced to step down — at least temporarily — amid outrage over his wife's affair with a teenager.

In an emotional statement Monday, First Minister Peter Robinson said he would step aside for a few weeks to answer questions about Iris Robinson's romantic and financial dealings with the 19-year-old for whom she helped raised tens of thousands of dollars when she was 58. A report by the British Broadcasting Corp. suggests Robinson acted improperly by failing to warn parliament that his wife was securing loans for her lover.

"I continue to contend I have acted ethically, and it is particularly painful at this time of great personal trauma that I have to defend myself from an unfounded and mischievous allegation," Robinson said.

The scandal has outraged Robinson's socially conservative Protestant power base and threatened to undermine the Democratic Unionist Party's partnership with the Catholic Sinn Féin — critical to maintaining the shaky coalition government. (AP)

In Brief

PARIS

New Wave Director Rohmer Dies at 89

French New Wave director Eric Rohmer — known for "My Night at Maud's," "Claire's Knee" and other films about the intricacies of romantic relationships and the dilemmas of modern love — died on Monday. He was 89. Rohmer, also an influential film critic early in his career, died in Paris, said Les Films du Losange, the production company he co-founded. (AP)

VATICAN CITY

Pope Laments Failure To Reach Climate Treaty

Pope Benedict XVI denounced the failure of world leaders to agree to a new climate change treaty in Copenhagen last month, saying in a speech Monday that world peace depends on safeguarding God's creation. (AP)

JERUSALEM

Border Fences Ordered

Israeli Prime Minister Benjamin Netanyahu has ordered the construction of two massive fences along the southern border with Egypt, saying he wants to stem a growing flood of African asylum seekers and to prevent Islamic militants from entering the country. (AP)

This Just In — It's Still Winter



A MAN CLEARS SNOW from boats in Retiro Park in Madrid on Monday. As the harsh winter eased up across Europe on Monday, the Spanish capital was blanketed with snow, extending schoolchildren's holiday break by a day. Additionally, more than 100 flights to and from Madrid's airport were canceled between midnight and noon on Monday, authorities said.



TECHNOLOGY

God bless this BlackBerry. A venerable British church has done what e-mail addicts and workaholics have been doing for years — invoking the Almighty's blessing on their high-tech gadgets. The Rev. Canon David Parrott blessed a symbolic heap of laptops and smartphones on the altar of London's 17th-century St. Lawrence Jewry church Monday to remind busy workers that God's grace can reach them in many ways. (AP)

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World

Egypt: Pyramids Not Slave-Built

Archaeologists say new find shows poor laborers did the work

Cairo

Egypt displayed on Monday newly discovered tombs more than 4,000 years old and said they belonged to people who worked on the Great Pyramids of Giza, presenting the discovery as more evidence that slaves did not build the ancient monuments.

The series of modest nine-foot-deep shafts held a dozen skeletons of pyramid builders, perfectly preserved by dry desert sand along with jars that once contained beer and bread meant for the workers' afterlife.

The mud-brick tombs were uncovered last week in the backyard of the Giza pyramids, stretching beyond a burial site first discovered in the 1990s and dating to the 4th Dynasty (2575 B.C. to 2467 B.C.), when the great pyramids were built on the fringes of present-day Cairo.

Egypt's archaeology chief, Zahi Hawass, said that discovery and



Last week's findings included bones of people thought to have built the pyramids.

Myth-Busting

One popular myth that Egyptologists say was perpetrated in part by Hollywood movies held that ancient Israelite slaves built the pyramids. But Amihai Mazar, professor at the Institute of Archaeology at the Hebrew University of Jerusalem, and Dorothy Resig, an editor of Biblical Archaeology Review in Washington D.C., dismissed the notion. "If the Hebrews built anything, then it was the city of Ramses as mentioned in Exodus," said Mazar. (AP)

the latest finds last week show that the workers were paid laborers, rather than the slaves of popular imagination.

Hawass said the builders came from poor Egyptian families from the north and south, and were respected for their work — so much so that those who died during construction were bestowed the honor of being buried in the tombs near the sacred pyramids of their pharaohs. "No way would they have been buried so honorably if they were slaves," he said.

KATARINA KRATOVAČ (AP)

Police Arrest Two Suspects in Soccer Team Attack

Cabinda, Angola

Authorities have arrested two separatists in Angola's restive Cabinda region following a shooting attack on the Togolese national soccer team that killed three people, a prosecutor announced Monday.

According to a statement from Antonio Nito, the prosecutor in charge of Cabinda province, two members of the Front for the Liberation of the Enclave of Cabinda forces, or FLEC, were captured Sunday near the site of Friday's shooting.

A FLEC leader reportedly in exile

in France claimed responsibility Monday but said the group had been targeting Angolan troops escorting the Togolese team. "In war, anything can happen; this is only the beginning," Rodrigues Mingas, who calls himself the group's leader, told France-Info radio. (AP)

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D.C. Marriage Bill on Capitol Hill

Law will be effective after 30-day period for Congress to review it

Washington

Delegate Eleanor Holmes Norton, D-D.C., announced Monday that the countdown to legalized same-sex marriage in the District begins Tuesday.

In a statement, Norton said a bill approved by the D.C. Council last month will officially arrive on Capitol Hill Tuesday. Once it does, Congress will have 30 legislative days to review it. The bill becomes law immediately after that review period has ended.

Depending on how many days Congress is in session next month,



Mayor Adrian Fenty, seated, signs a bill legalizing same-sex marriage last month.

the bill could become law in late February or March.

For the bill to be rejected, the Democrat-controlled House and

Senate, and President Obama, would all have to agree on a disapproval resolution. Same-sex marriage supporters, who noted that

Congress has enacted only three disapproval resolutions in the past 30 years, do not believe the Democratic-majority will allow the bill to be blocked.

In her statement, Norton said she has already done the “initial work to close the gates on overturning” the bill.

Even if Congress stays out, there is a chance that opponents can succeed in convincing a court to require that the city put the issue before voters.

There is also a chance that a future Congress could push to restrict same-sex marriage in the District, although supporters believe that would be a politically difficult move once those marriages have starting taking place.

TIM CRAIG (THE WASHINGTON POST)

Ride On Bus Service May See Budget Cuts in Md.

Rockville, Md.

Montgomery County, facing a \$600 million budget gap for the next fiscal year, has proposed cutting or eliminating service on more than 20 Ride On bus routes beginning in April, county officials said.

The possible cuts — the biggest proposed for the Ride On service in years — would save an estimated \$1.2 million and would impact routes that have the fewest riders or alternative service nearby, according to county spokesman Patrick Lacefield. He said Ride On handles about 30 million passenger trips a year, and the cuts would eliminate about 1 million trips.

“Now is a different time, and the [budget] gap is substantial,” Lacefield said. “These kinds of spending reductions are only the beginning.” ANN SCOTT TYSON (THE WASHINGTON POST)

The Lotteries

Monday, Jan. 11

Maryland

Mid-day Pick 3	9-9-3
Evening Pick 3 (Sun.)	9-8-8
Mid-day Pick 4	4-4-9-9
Evening Pick 4 (Sun.)	0-0-2-3
Match 5 (Sun.)	5-6-11-13-22 (15)

District

Mid-day Lucky Numbers	9-7-9
Evening Lucky Numbers (Sun.)	7-0-4
Mid-day DC 4	2-4-2-2
Evening DC 4 (Sun.)	9-7-0-8
Mid-day D.C. Five	3-9-2-8-4
Evening D.C. Five (Sun.)	1-6-9-2-9
Daily 6 (Sun.)	1-3-13-19-22-37 (18)

Virginia

Mid-day Pick 3	6-8-0
Evening Pick 3 (Sun.)	5-2-9
Mid-day Pick 4	4-3-3-2
Evening Pick 4 (Sun.)	6-4-7-4
Mid-day Cash 5 (Sun.)	2-4-7-11-15
Evening Cash 5 (Sun.)	5-25-26-27-s34

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National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services
www.clinicaltrials.gov

SHEALAH CRAIGHEAD



Sarah Palin is interviewed by Fox News' Sean Hannity last November. The former Alaska governor and 2008 Republican vice presidential candidate will take her conservative message to Fox as a regular commentator.

Palin's New Platform

In joining Fox, the GOP's leading lightning rod continues to build her brand

Washington

When Sarah Palin resigned as governor of Alaska earlier this year, she took a parting shot at her old foe the national press, exhorting reporters to stop "making stuff up."

Now the former governor will take on the group she has mockingly described as the "media elite" from the inside.

On Monday, Palin confirmed that she has agreed to join Fox News for an undisclosed sum as an on-air contributor. Fox said Palin will also occasionally host a new program of inspirational tales, called "Real American Stories," that will debut this year.

"I am thrilled to be joining the great talent and management team at Fox News," Palin said in a statement posted on the network's Web site Monday. "It's wonderful to be part of a place that so values fair and balanced news."

Palin's jump to the conservative

news network is hardly a shock, as many leading figures in the Republican Party — including Newt Gingrich, Karl Rove and Mike Huckabee — have joined the network in some capacity.

Nor will it be Palin's first attempt at a television career. She worked part time as a weekend sportscaster in the 1980s for KTUU-TV in Anchorage.

Palin's transition to Fox News nonetheless marks a new chapter in the life of one of America's most divisive political figures. After stepping down as Alaska's governor in the summer of 2009, Palin briefly disappeared from the public stage, communicating to the public only through occasional posts on her Facebook page. Many questioned whether her public career was over for good.

But Palin's self-imposed exile from the spotlight didn't last long. In recent months, she has quietly re-established and reimagined her

A Love-Hate Relationship

Sarah Palin's move to Fox News will only add fuel to the long-running speculation that she intends to run for the White House in 2012. Palin is wildly popular with her conservative base, but she is a divisive political figure who draws the ire not only of liberals but of some Republicans, too, including staffers who dealt with her during her time as John McCain's running mate. Steve Schmidt, a top McCain strategist, said on "60 Minutes" Sunday night that "there were numerous instances that she said things that were — that were not accurate that, ultimately, the campaign had to deal with." (TWP)

1.2M

The number of followers Palin has on Facebook, where she proved her influence last year by claiming the Democratic Party's health care bill would create "death panels" for vulnerable Americans. The comment dominated the health care debate for weeks.

public persona, and this time she's trying to do it on her own terms.

She has already agreed to be the headline speaker at the first-ever national convention of the Tea Party, the grassroots movement that is shaking the Republican Party to its foundations. By embracing the "tea party" groups, Palin is putting herself at the forefront of a political force that could transform the 2010 elections.

In the fall, she launched a national promotional tour in support of her memoir, "Going Rogue."

The book was widely excerpted in the press and became a blockbuster best-seller. Her appearances across the country drew massive, adoring crowds reminiscent of her rallies on the campaign trail in 2008.

Palin's triumph in print was matched with a series of successful television interviews, including an appearance on "Oprah" that was the highest-rated episode in the history of the talk show. The relaxed Palin of those interviews stood in stark contrast to her disastrous interviews with CBS' Katie Couric and ABC's Charlie Gibson when she was John McCain's running mate.

Now Palin has found another way to speak directly to the public, this time as a host on Fox News. Whether she has her sights set on the White House — or something else entirely — remains to be seen. But her return to the spotlight has only begun to shake things up.

(EXPRESS/TWP/AP)

McGwire Opens Up on Steroids

Former home-run king admits doping during fabled season

Baseball

Mark McGwire finally came clean, admitting he used steroids when he broke baseball's home run record in 1998.

McGwire said in a statement sent to The Associated Press on Monday that he used steroids on and off for nearly a decade.

"It's very emotional, it's telling family members, friends and coaches, you know, it's former teammates to try to get ahold of, you know, that I'm coming clean and being honest," he said during an emotional 20-minute telephone interview. "It's the first time they've ever heard me, you know, talk about this. I hid it from everybody."

McGwire said he also used human growth hormone, and he didn't know whether his use of performance-enhancing drugs contributed to some of the injuries that led to his retirement, at age 38, in 2001. "That's a good question," he said.

He repeatedly expressed regret for his decision to use steroids, which he said was "foolish" and caused by his desire to overcome injuries, get back on the field and prove he was worth his multimillion-dollar salary.

McGwire hit a then-record 70 homers in 1998 during a compelling race with Sammy Sosa, who finished with 66. More than anything else, the home-run spree



AMY SANCETTA/AP

"I never knew when, but I always knew this day would come. It's time for me to talk about the past and to confirm what people have suspected. I used steroids during my playing career and I apologize."

— MARK MCGWIRE, WHO REFUSED TO ANSWER CONGRESSIONAL LEADERS' QUESTIONS ON STEROIDS IN 2005. ON MONDAY, HE CAME CLEAN ON USING STEROIDS WHILE PLAYING.

revitalized baseball after the crippling strike that wiped out the 1994 World Series.

Now that McGwire has come clean, increased glare might fall on Sosa, who has denied using performance-enhancing drugs.

"I wish I had never played during the steroid era," McGwire said.

McGwire's decision to admit using steroids was prompted by his decision to become hitting coach of the St. Louis Cardinals, his final big league team. Tony La Russa, McGwire's manager in Oakland and St. Louis, has been among McGwire's biggest supporters and thinks returning to the field can restore the former slugger's reputation.

Baseball commissioner Bud Selig also praised McGwire, saying, "This statement of contrition, I believe, will make Mark's re-entry into the game much smoother and easier."

Big Mac's reputation has been in tatters since March 17, 2005, when he refused to answer questions at a congressional hearing about using steroids when setting the home-run record. Instead, he repeatedly said, "I'm not here to talk about the past."

"After all this time, I want to come clean," he said. "I was not in a position to do that five years ago in my congressional testimony, but now I feel an obligation to discuss this and to answer questions about it. I'll do that, and then I just want to help my team."

"That was the worst 48 hours of my life," McGwire said.

RONALD BLUM (AP)

Swengali

Cowboys' Dream Is D.C.'s Nightmare

If they haven't yet, Redskins fans may want to tune out the rest of the NFL playoffs.

It's bad enough that Washington's best news of the season came when a new head coach was hired; now the Dallas Cowboys look like the team



By Matt Swenson

to beat.

Ugh.

Tony Romo and company beat down the Philadelphia Eagles two straight weeks, the second time coming last Saturday night

when the Cowboys emphatically ended their 13-year stretch without a postseason victory.

No team is playing better, and this is certainly the time to be peaking. The New Orleans Saints' December

No team is playing better, and this is certainly the time to be peaking.

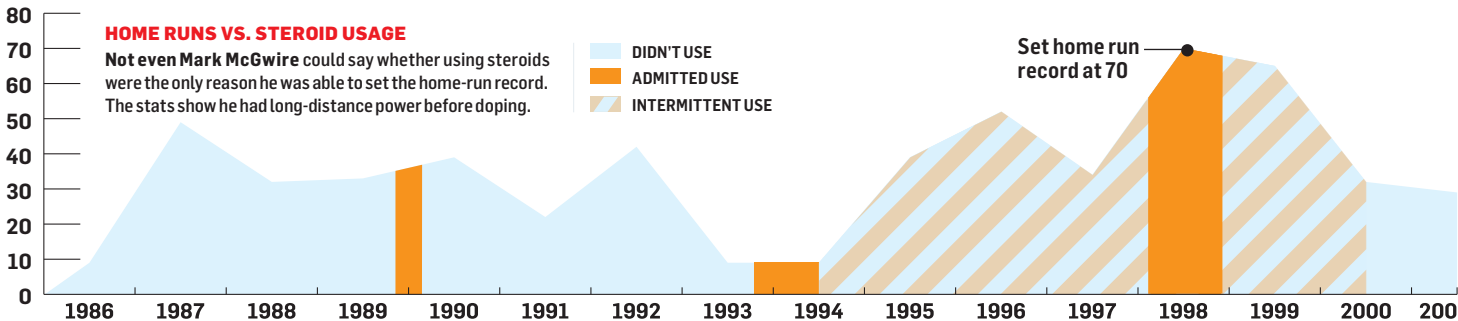
swoon and the Minnesota Vikings' turmoil between coach Brad Childress and quarterback Brett Favre certainly leave the door open for upsets.

Was the one playoff win a breakthrough for Romo, who's been seen for some time as the quarterback who could lead Dallas back to the promised land?

On the positive side, the Washingtonian who can stomach watching the Cowboys will have a rooting interest in the games — he or she will surely be cheering almost as loudly for the Vikings as any Minnesota fan next Sunday. "Anybody but Dallas" will be the call here for the next few weeks.

But given the state of sports in D.C. — where the worst-case scenario is almost a given for any team not named the Capitals — I wouldn't bet against the Cowboys.

To reach Matt Swenson, e-mail matt.swenson@readexpress.com



Sports

Coach Hunts Slammed

Redskins, Seahawks hit for violating spirit of the Rooney Rule

Pro Football

Recent minority interviews for NFL coaching jobs in Washington and Seattle under the Rooney Rule have raised questions about whether the spirit of the rule has been violated.

"If the Jerry Gray situation is the way it has been described as happening, I don't think it was fair."

— TONY DUNGY, WHO DOESN'T THINK THE REDSKINS TRULY CONSIDERED JERRY GRAY TO BE THEIR HEAD COACH.

Former Colts coach Tony Dungy wonders about the process used by the Redskins, who interviewed assistant coach Jerry Gray for the head coaching position last month even though Jim Zorn still held the job.

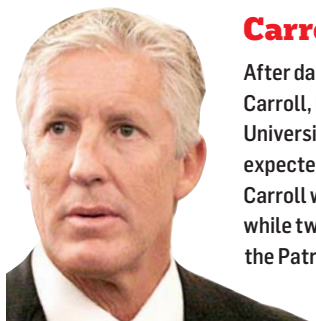
The Seahawks met with Vikings defensive coordinator Leslie Frazier on Saturday amid reports that Southern California coach Pete Carroll would be hired regardless of how impressive Frazier was.

"That is not what the Rooney Rule is supposed to be, [that] you make up your mind and then interview a candidate for it anyway just to satisfy the rule," said Dungy, who is now an analyst on NBC's "Football Night in America" show.

"If the Jerry Gray situation is the



Steelers coach Mike Tomlin became a Super Bowl winner after being hired in 2007.



Carroll Takes Over Seahawks

After days of talks, the Seattle Seahawks hired Pete Carroll, luring the charismatic coach away from the University of Southern California. The Seahawks are expected to formally introduce Carroll on Tuesday. Carroll was 6-10 in 1994 with the Jets and then 27-21 while twice reaching the playoffs from '97 to '99 with the Patriots. In nine years at USC, Carroll was 97-19 and won two national championships. (AP)

way it has been described as happening, I don't think it was fair. I don't think I would ever interview for a job if my boss was not out of the job. I don't blame Jerry; it's the position he was put in."

Dungy said the rule was put in place so teams can investigate a number of candidates and perhaps uncover a future coaching star.

That's what happened when the Steelers hired Mike Tomlin over assistants Ken Whisenhunt and Russ Grimm in 2007. Dungy believes Frazier's numerous inter-

views — the Rams, Broncos, Lions, Dolphins and Falcons have spoken to him in past years, and he remains among the front-runners for the Buffalo position — will pay off, too.

Compliance with the Rooney Rule is overseen by the Fritz Pollard Alliance. Its chairman, John Wooten, said he can't understand recent criticism of the system, noting that the Seahawks and Carroll assured him they had no deal at the time Frazier was interviewed. Wooten also believes the Redskins handled things properly with Gray. (AP)

Ex-Nets Star Williams Pleads Guilty in N.J. Shooting

Somerville, N.J.

Former NBA star Jayson Williams, his personal life in shambles, took responsibility for accidentally shooting his limousine driver to death eight years ago by pleading guilty Monday to assault and agreeing to serve at least 18

months in prison.

The ex-Nets forward was awaiting retrial on a reckless manslaughter count but pleaded guilty to the lesser aggravated assault count for the 2002 death of Costas Christofi.

Williams, who was charged with drunken driving after crashing his SUV into a tree in New

York last week, had stitches visible above his right eye.

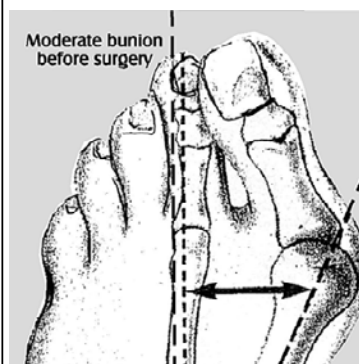
The assault charge carries a minimum 18-month sentence because a gun was involved.

The reckless manslaughter count would have carried a maximum 10-year prison sentence. (AP)

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Wizards Taxed by Off-Court Woes

Team can barely hold practice after Blatche suspension, gun flap

The Wizards

Three players were meeting with authorities involved in the Gilbert Arenas gun investigation. Two were suspended, including one who had nothing to do with Arenas.

Another was excused. Another was sore and was scheduled for an MRI.

That left the Washington Wizards without enough players to hold a decent practice Monday morning. It's no wonder Flip Saunders

cut things short after less than an hour, and it's no wonder the coach had an obvious answer when asked whether things were starting to get back to normal.

"Considering that we had three guys meeting with lawyers and the district attorney this morning during practice? No," Saunders said.

Caron Butler, Brendan Haywood and DeShawn Stevenson were the players called away because of the investigation. Saunders sat before the grand jury looking into the case last week, and Randy Foye met with authorities Friday. Investigators appear to be working their way through the roster to obtain



JOHN McDONNELL/TWP

Due to a lack of players, Wizards coach Flip Saunders canceled practice Monday.

every detail possible about the guns Arenas kept at the Verizon Center and the Dec. 21 spat between Arenas and teammate Javaris Crittenton that prompted Arenas to take the guns out of his locker.

ton that prompted Arenas to take the guns out of his locker.

"You pretty much look at it as two guys really made poor judgment," said Antawn Jamison, one of the team's captains.

The last thing the Wizards need is yet another distraction, but a new one was added to the list when Saunders announced that Andray Blatche was suspended for "conduct detrimental to the team," including a series of unspecified actions during Sunday's loss to New Orleans. Blatche missed Monday's practice and will sit out Tuesday's game against Detroit, returning for Wednesday's game at Atlanta. JOSEPH WHITE (AP)

TV Lineup

CAPITALS (7 P.M., CSN+) Fresh off Saturday's 8-1 win over Atlanta, the Washington Capitals visit the Tampa Bay Lightning.

WIZARDS (7 P.M., CSN) The woeful Wizards welcome the Detroit Pistons to Verizon Center.

TERPS MEN'S HOOPS (8 P.M., MY20) Maryland can start 2-0 in the ACC with a road victory against Wake Forest.

MEN'S COLLEGE HOOPS (7 P.M., ESPN AND ESPN2; 9 P.M., ESPN) Big 10 powers Purdue and Ohio State tip off while Kansas State hosts Texas A&M, followed by Florida hosting undefeated Kentucky.

NHL (7 P.M., VERSUS) The New York Rangers host the New Jersey Devils.



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Make Couch Time Count

Q I have seen three awful therapists in a row. The first one seemed bored with me and never had any insights. The second was a total flake. I've started with someone new, and he just doesn't get what I'm saying. I know it's your job to say that therapy is helpful, and I do believe there are some good therapists out there, but, honestly, how in the minority are they? I thought the third time would be the charm.

— WHAT GIVES?

I don't think there's an official "Cruddy Therapist" statistic to delineate exactly how many out there are not up to snuff. But I do feel strongly that you've either



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had a run of awful luck or perhaps might be giving up too soon when the going gets rough. Regardless, I'm sorry you've had such a frus-

trating experience. Every profession has its bad apples and its downright odd bananas.

I don't know what areas you're

specifically looking for help with, but I urge you not to give up. Try to talk to your current therapist about the disconnect you're feeling, and see whether there's any hope for improvement. If not, please try again, and lay out for your prospective providers what you've laid out here.

When the Flirt Starts to Hurt

Q One of my friends is fun, outgoing and warm. She's also an incorrigible flirt. It's embarrassing when she flirts with absolutely everyone. But the bigger problem is that she flirts with my husband — a lot. He is playful, too, and I know he doesn't take it seriously, but I can't stand the banter. But I also know that this is how she is, and I can't decide whether I want to take it or leave it. — PUSHED TO MY LIMIT

"Banter" can't exist without two people (unless one's a ventriloquist). So, my gut reaction here is that although your friend's flirtation might be annoying, the first conversation you need to have here is with your husband.

I'm not demonizing him, and it sounds like you don't feel threatened by this. Nonetheless, it's grossing you out, and he has a right to know that (and a responsibility to take your feelings into account). Let him know that her over-the-top behavior has been getting old for you, and you don't feel comfortable watching it make its way into your marriage. Try to cut back a smidgen on the time you and your friend spend together as a temporary fix to see whether your irritation gets a break — and whether you miss her.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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FACTS OF LIFE



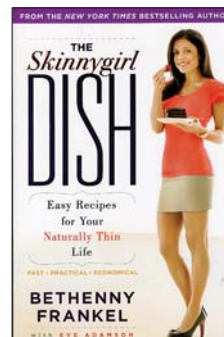
Pedometers know only when you're walking, but Direct Life (\$99 plus \$12.50/month membership, Directlife.philips.com) can measure all of your movements — even swimming. The green lights let you know how you're doing with your daily goals, and e-mails from your coach keep you on track.



INSIDE DISH



Bethenny Frankel's "The Skinnygirl Dish" (\$16, Fireside) works from the metaphor of "food is like your wardrobe." She tortures it a bit (pink pumps are like sprinkling herbs on rice?), but the list of classics for your kitchen is smart, as are her loads of light recipes (with "use-what-you-have variations").



ANY ITCH WAY



If this cold snap has left your skin red, flaky and angry, try calming it down with Curel Itch Defense (\$7.49).

The lotion boasts its four-pronged approach to rebalancing skin, which certainly sounds impressive. But you're most likely to dig the fact that the stuff absorbs quickly and gets to work fast.



FIBER FIX



Fiber One 90 Calorie Chewy Bars (\$3.49) are small, but filling — with good reason. Each wee snack stick has 20 percent of your daily fiber needs while tasting like cereal drizzled in chocolate or chocolate peanut butter.



GUINEA PIG



Here's a Book Worth the Weight

■ Just picking up a copy of "The Men's Health Big Book of Exercises" (\$24.99, Rodale) counts as weight lifting. But you're better off cracking it open and reading what's inside: a quick primer on the importance of strength training followed by an exhaustive encyclopedia of moves for every part of your body with detailed pointers on form (think 27 kinds of push-ups).

Although the book is ostensibly a four-week customizable plan, we haven't managed to complete it (we've had it only three weeks!). But the compendium of workouts at the end (the vertical jump workout, the best three-exercise workout, the time-saving couples workout, etc.) allowed a peek into how effective the exercises can be — even at home without much equipment. (Also: "The Women's Health Big Book of Exercises" is virtually identical except for the photos.)

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TABATHA: SLIMMER FOR HER SAILOR

GOAL: A WELL WELCOME BACK. Tabatha, a mom and a program assistant for the Department of Homeland Security, wants to be in her best shape when her fiancé, who is in the Navy, returns after a year in Afghanistan.

OBSTACLE: TABATHA STRUGGLES TO STAY FOCUSED ON A FITNESS PLAN.

TRAINER: MELISSA is certified by the American Council on Exercise and is certified in CPR by the American Heart Association. She's well qualified to help Tabatha stay on track.

STRONG TO THE CORE: Melissa will use a plan of core conditioning and balance to increase Tabatha's inner strength.

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TABATHA & MELISSA

JASON: BUILDING MILITARY MUSCLE

GOAL: TO BE FIT FOR ENLISTING. Jason is a program analyst for the U.S. Department of Justice. He wants to have the option of joining the Army, but currently weighs too much. He's joining the challenge to pursue his dreams of a military career.

OBSTACLE: JASON FINDS THAT IT'S HARD TO COMMIT TO A FITNESS PLAN WHEN HE HAS TO DO IT ALONE.

TRAINER: PHIL has a Bachelor's degree in kinesiology from James Madison University and is certified with the National Strength and Conditioning Association.

EXTENDED FAMILY: Phil plans to introduce Jason to everyone at the Gold's Ballston location. He says a sense of community can make success feel much more tangible.

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PHIL & JASON

JESSICA: BATTLE READY

GOAL: TO RETURN TO HER PRE-CIVILIAN CONDITIONING. Jessica is a legal assistant with Manning And Martin, LLP who wants to get back into the shape she was in during her eight years in the military. She'd also like to be healthy and have the energy to keep up with her eleven-year-old son.

OBSTACLE: WHEN JESSICA DOESN'T SEE RESULTS IMMEDIATELY, SHE GIVES UP.

TRAINER: MICHELLE is a fitness trainer and performance nutrition specialist certified by the International Sports Sciences Association. A mom herself, in the past she has faced fitness obstacles. A national fitness competitor, she is also a certified yoga instructor and reflexologist. Her range of training is ideal to assist Jessica in her return to fitness.

LOOKING TO THE PAST, CREATING THE FUTURE: Michelle has asked Jessica to create a collage of photos from her best fitness days to maintain inspiration.

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MICHELLE & JESSICA

BODYTALK



COURTESY EVERTS

Hey, Baby, Be My Exercise Buddy

Babies have always given their parents a workout. But even though diaper runs and heavy gear lifting can be exhausting, it's not exactly what parents' bodies need to stay healthy. That's why baby yoga has boomed recently, and other forms of parent-infant exercise are being conceived.

When **MIND THE MAT** (2214 Mount Vernon Ave.; 703-683-2228; Mindthemat.com) opened in Del Ray two years ago, owner Megan Brown found folks went gaga over her Mommy and Me Pilates classes — the first in the region. "Most of our clients want to get back into shape," she says. And even though these sessions are gentler than the regular classes at the studio, that's what they're designed to do.

They're just for mommies, since Brown wants to make it a comfortable environment for nursing. But dads (or moms!) who want to tote their tykes along for a workout are welcome at **FIT** (1633 Q St. NW; 202-255-7814; Fit-dc.com), a personal training gym in Dupont Circle, which is launching "Circuit Baby" in early February. "Part of the reason is I became a father myself, and it was difficult to find time to do what I did before," says owner Michael Everts, above.

Students in class will cycle through a series of resistance training stations that use babies to up the burn. One example: a modified wood chop that involves squatting down and holding the baby near one side of your body and then standing up while lifting the baby to the other side of your body. It might not be your old routine, but it's a baby step in the right direction.

VICKY HALLETT (EXPRESS)



lone Jameson, Wizards star Antawn's wife, takes the class with the newest member of their family, Rucker. He seems to be more into Mommy's smile than her leg lifts.

Perfect Pair for Pilates

WSC's new class helps mothers bond with babies and build muscles

The only thing a new mother wants more than her pre-pregnancy figure is high-quality time with her newborn. Washington Sports Club has managed to combine the two desires with "Pilates Together," a new class for mommies taken with their babies (from 3 to 9 months) in tow. Just think of that bundle of joy as a weight — albeit, an adorable one with a tendency to drool on you.

What It Is: Wee ones haven't heard of core muscles yet, but their moms have. And Pilates, with its targeted toners, is one of the best ways to strengthen a jiggly middle. Babies can do a body good when you pick them up to challenge your upper-body strength, hold them to help

you find your center and lay them down next to you to serve as a cheering section. ("Goo, goo, gaa, gaa," means, "Go, Mommy, go," right?)

What It's Not: The unusual accessory means it's not like a traditional Pilates class that focuses exclusively on the breathing and the exercises. Those kids demand attention, too, and they get it. And unlike baby yoga, which sometimes involves posing the children, the youngest members of this class are not imitating Pilates. As they say, you have to learn to crawl before you can do teaser.

Moves: After a warm-up (with the baby centered in both hands) of shifting weight from one leg to the other without picking up the feet (a jogging in place motion the babies seem to really enjoy), most of the movements stay low to the floor — things



such as side and front leg lifts and upside-down push-ups where you lie on your back with the baby in both hands and extend the arms up and then bring the baby back as close to your chest as possible without touching it.

The baby remains in your arms throughout most of the workout — except when the baby is sitting on your stomach or on the floor in front of you to assure balance; here is where you want to watch out for runaway babies.

Workout: If you're looking to sweat, then load the baby up in the trusty three-wheel stroller and go for a nice run. "Pilates Together" doesn't necessarily get the heart rate going. The class has no choice but to be laid-back, since moms enter and exit the workout according to their babies' whims — and feeding schedule. Some kids just don't

Infants don't know what core muscles are, but new moms do, and they're eager to make them strong again.

get into a workout mood. But don't think that means you're getting off easy. While the exercises are simple and the vibe is chill, repetition is the key. Your arms may burn so much you never want to pick up the little butterball again. If you can keep the baby breaks to a minimum, by the end of the class you'll ache with hope for your body that once was.

Garb: Other than your best sweats, don't forget a small diaper bag and a nice, thick blanket for the baby.

DARONA WILLIAMS (EXPRESS)

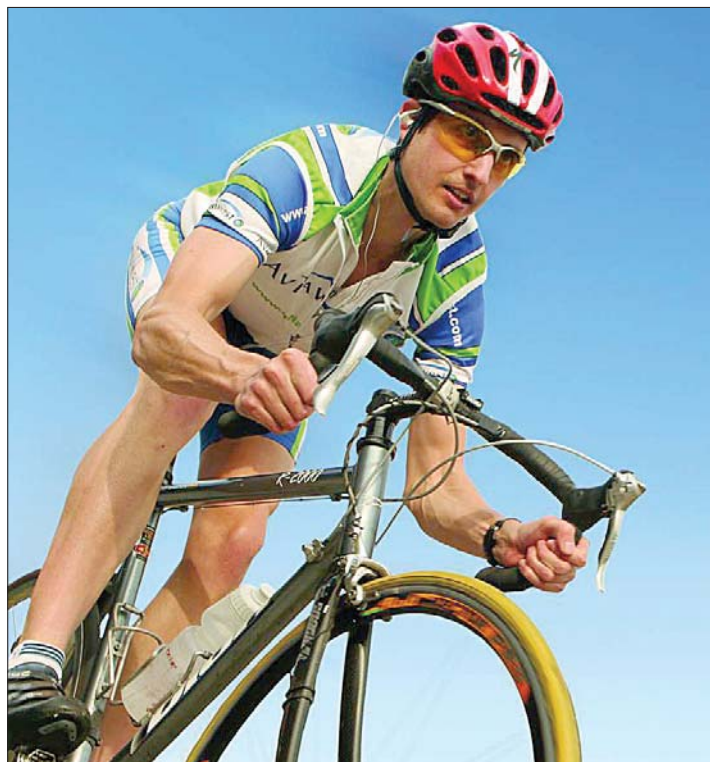
WSC (Mysportsclubs.com) is testing locations and times to determine interest. Check out the class in South Bethesda Thurs. at 1:30 p.m., Clarendon Jan. 18 at 3:30 p.m. and Dupont Circle Jan. 19 at 10 a.m.

Powering Up With Plant Foods

Vegan athletes challenge the idea you need meat to move

When Susan Levin hears what Michael Phelps stuffs into his mouth — like entire pepperoni pizzas — she worries that his Olympic career could be headed for a dive. That's because she's the director of nutrition education at the Physicians Committee for Responsible Medicine (Perm.org), which promotes a vegan diet. And along with benefits such as losing weight, lowering your risk of certain diseases and being environmentally sound, she says switching to solely plant-based food sources makes you a better athlete.

It worked for Levin, who never liked running until she went vegan 15 years ago. "I was suddenly better at it, enjoyed it more and was faster. At the end of the day, I had all of this energy," says Levin, who's seen the same level of activity in her colleagues at their Friendship Heights office. "People are bouncing off the walls. They run, bike, do yoga." And contrary to the stereotype of the vegan waif, and thanks to rich sources of protein such as grains and beans, they have real muscles.



Brendan Brazier competes in Ironman triathlons and 50K runs on a vegan diet.

They also have real role models, including former NBA star John Salley and professional triathlete Brendan Brazier, who are two of the celebs backing PCRM's 21-Day Vegan Kickstart. The program walks users through a diet makeover with a meal plan, cooking demos and other resources, which makes the process simpler than what both Salley and Brazier

went through on their own.

It was high blood pressure and family members' health history that convinced Salley to drop meat five years into his career, a move his teammates thought was bonkers. While he devoured books about nutrition, they were grabbing grub at fast-food joints. The difference, he believes, is why he managed to stay in the NBA for 15

THE VEGGIE TRAIL

→ 21DAYKICKSTART.COM

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→ MYVEGA.COM

Brendan Brazier's developed his own line of vegan performance beverages and bars.

→ JOHNSALLEYFOODS.COM

The NBA star's mug will be on garlic chipotle sauce and other organic, kosher, vegan goodies.

years (and score four championship rings) and some of the other guys barely had the mojo to practice. "Literally, I was 36 and rookies couldn't keep up with me," he remembers.

Now he's working on launching a line of organic, kosher and vegan foods and consulting with a dozen current professional athletes on the advantages of a vegan diet.

He could start by handing over a copy of Brazier's new book, "Thrive Fitness: The Vegan-Based Training Program for Maximum Strength, Health, and Fitness" (\$15.95, Da Capo Press). It's the result of 20 years of experimenting with food to figure out which ones would best help his body recover from grueling endurance workouts.

"I tried all different kinds of diets. I would eat whatever anybody told me if it would help me race," says Brazier, who initially kept quiet about how he was fueling. "I figured if I do start improving, they'll ask me about it."

Now that they do, they find some of his favorite foods aren't common on most people's shopping lists: chlorella, buckwheat, kelp, salba. But if those items are too hard to find, Brazier says, you'll see a difference in your performance by any increase in the veggie content of your diet. "Eat a salad at least five times a week with leafy greens, sprouts, avocado. And a smoothie is great after a workout. It gets it in your body right away," he promises.

Brazier's followers aren't all strict vegans. He says many of them have just shifted their views on meat and dairy, and cut back. "They thought they needed it for iron and protein, and now it's because of the taste," he says.

But if you do decide to try an entirely plant-based approach to food to improve your sports performance, Levin says it's not as complicated as you might think. Just be sure to take a vitamin B12 supplement and eat sensibly. "Don't think of it in terms of what you're not eating. Think about what you are — fruits, vegetables, beans, whole grains," she says. "When you see the results, you won't want to go back."

VICKY HALLETT (EXPRESS)



EATING IN

Orange-Buttermilk Cupcakes With Cream Cheese Frosting

1.5 HOURS; MAKES 18 CUPCAKES

FOR THE CUPCAKES:

- 1 CUP all-purpose flour
- 1 CUP whole-wheat pastry flour
- 1 TSP baking powder
- 1/2 TSP baking soda
- 1/2 TSP salt
- 3/4 CUP granulated sugar
- 1/2 CUP nonfat buttermilk

- 1/2 CUP frozen orange juice concentrate
- 1/3 CUP canola oil
- 2 large eggs
- 1 TSP vanilla extract

FOR THE FROSTING:

- 8 OZ. reduced-fat cream cheese
- 1/3 CUP powdered sugar
- 2 TBSP frozen orange juice concentrate

PREPARATION:

- 1. Heat the oven to 350 F. Line 18 muffin



LARRY CROWE/AP

tin tins with cupcake liners.

- 2. In a medium bowl, whisk together both flours, the baking powder, bak-

ing soda and salt.

- 3. In another medium bowl, combine the granulated sugar, buttermilk, orange juice concentrate, oil and eggs. Whisk thoroughly until the orange juice concentrate is dissolved.

- 4. Add the wet ingredients to the dry and fold just until blended. Divide the batter among the 18 cups (each cupcake should be about half-full). Bake until the tops spring back when lightly touched and a toothpick inserted comes out clean, 18 to 22 minutes.

- 5. Cool the pans on a rack until the cupcakes are cool enough to handle. Remove the cupcakes from the pan and cool completely on a rack before frosting, about 40 minutes.

- 6. To make the frosting, in a medium bowl, combine cream cheese, powdered sugar and orange juice concentrate. Use an electric mixer to beat until smooth and creamy. (AP)



175 calories, 4 g protein, 26 g carbs, 7 g fat, 26 mg cholesterol, 179 mg sodium, 1 g fiber

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- **Large** businesses (250 or more employees): **FEBRUARY 1st**
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These reports help the County track the success of your recycling program and plan for future recycling and waste reduction efforts. **Failure to file your Annual Recycling Report can result in fines for your business or property.**

Filing on-line is an easy and fast way to meet your deadlines. For instructions go to **www.montgomerycountymd.gov/recycling.**

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Farewell to Sass

Simon Cowell says this season of 'American Idol' will be his last **31**

Sound Bets



FLINGCO SOUND SYSTEM

Comp Compulsion

Every time I tried to start this column about the overwhelming amount of free-and-legal music online, it seemed like I was interrupted by another downloadable compilation that ended up in my RSS feed, Twitter and e-mail. In three days, I've downloaded more than 20 mixtapes, online-only

collections, promo podcasts and concert recordings. The music spans hip-hop, metal, techno, punk, indie rock, noise and six volumes of Kraftwerk covers.

(Pictured above is art from the digital booklet that comes with Flingco Sound System's "They Don't Know Unless You Tell Them" comp.)

The idea behind most of these freebies is to introduce new listeners to a band and inspire consumers to purchase the group's music. But if you want to stay frugal (and lawful), you could overload your iPod every week without spending a dime. Throw in free services such as Pandora and Slacker, add compilable playlists on YouTube, and streaming sites — such as Last.fm, Swift.fm, Blip.fm and MySpace.com — and it's debatable whether you need to spend any money on music.

Visit Expressnightout.com to nab all the comps I've acquired.

The Idols' Vitals

Settling in for a new season of "American Idol" is like dropping into your seat on the first day at school. Before you is a herd of strangers, some you'll get to know quite well, some you'll wish you'd steered clear of altogether. But just as each classroom has its nerds, jocks and preps, those who've made a splash on "American Idol" often fall into recognizable categories. Here are a few archetypes to keep an eye out for Tuesday as the "Idol" bell rings at 8 p.m. on Fox. **GREG BARBER (EXPRESS)**



THE COUNTRY CHANTEUSE

Let's get real, y'all. There's a whole lot of heartland in America, and a singer who can tug at those viewers' heartstrings is likely to score big on "Idol." Having actual talent is a plus, but a patriotic song here and there — a la season seven's struggling Kristy Lee Cook — can be a star-spangled life preserver even for the most undeserving contestants. **Examples:** Carrie Underwood, Kellie Pickler



THE RAWKER

He grimaces. He growls. His voice is a strap of leather soaked in sweat and reeking of confidence. And even an expectedly unexpected appearance by his softer side in a well-placed ballad leaves him looking that much more badass. This contestant slings a guitar, bends pop tunes to his will and knows the importance of being earnest: It's how to win. **Examples:** Chris Daughtry, David Cook, Allison Iraheta



THE RUNAWAY TRAIN

These folks have talent. It's clear from the minute they part their perfect little lips just so, releasing a sound like angels whispering in your ear. Their pitch is impeccable, their song choices inspired. They immediately become front-runners despite the desperate attempts by judges to knock them off their game. They don't all wind up "Idol" winners, but they do become big stars, which must help ease the pain of defeat. **Examples:** Kelly Clarkson, Clay Aiken, David Archuleta, Adam Lambert



THE SOUL SURVIVOR

Boasting steel-reinforced vocal chords able to leap tall octaves in a single bound, these singers have the chops and the control to literally blow the roof off the joint. Which is just one of the reasons it's lucky for us that Ryan Seacrest is made from a space-age polymer; otherwise, he'd have been flattened years ago. **Examples:** Fantasia, Melinda Doolittle, LaKisha Jones



THE STEADY STRUMMER

A summer breeze makes them feel fine, and they make us feel like we're lazily lounging on a verdant hillside with grass between our toes and our honey at our side. Sadly, we're only on our couch. But their velvety vocals make that seem not so bad, either. **Examples:** Elliott Yamin, Kris Allen

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expressnightout.com ►► Can 'American Idol' survive without Simon Cowell? Let us know what you think ►► OK Go keeps its DIY ethos intact for its mod-rock, retro-happy new disc, 'Of the Blue Colour of the Sky' ►► Vampire Weekend's Chris Baio on finding a more diverse sound for its new album, 'Contra'

@ Comments? Give Christopher your feedback: expressnightout.com/soundbets



top stops

1 Hearty Fare
Sure, macaroni and cheese will do as comfort food. But winter is long, and you're going to need more interesting sustenance. Learn how to make cold-weather meals yourself at one of Zola's classes. Tonight's focuses on stews and should teach you some make-at-home tricks — as long as you have venison at home, that is. **F.Z. Zola Wine and Kitchen, 509 9th St. NW; 6:30 p.m., \$50; 202-639-9463, Zolawinekitchen.com. (Gallery Place)**

2 Multicultural Music Mix
Without the Kennedy Center, we could never claim to be the most culturally overeducated city in the world. What other venue would bring us ancient Mongolian folk music for free on a Tuesday night? So, go hear Namgar, a band that combines traditional songs from South Siberia with modern jazz techniques. **F.Z. Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600, Kennedy-center.org. (Foggy Bottom)**

3 Just the Facts
The Newseum likes to spice up old journalism movies with appearances by star newsmen. Tonight that means NBC News anchor Brian Williams will be talking about "Absence of Malice," the 1980s film about a bright-eyed reporter (played by Sally Field) and the scoop that went awry. **F.Z. Newseum, 555 Pennsylvania Ave. NW; 7:30 p.m., \$25; 888-639-7386, Newseum.org. (Archives)**



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TV tonight **lookout**

Rock 'n' Roll Oldies

Energetic geriatrics serenade and inspire in 'Young@Heart'

Documentary

PBS 9:00 Fans of "Idol," and especially "Glee," should not miss the documentary "Young@Heart" on "Independent Lens."

"Young" spends seven weeks with the Young at Heart chorus, a group of elderly singers from Northampton, Mass., with an average age of about 80. They perform surprising variations on rock songs of the past four decades, with a special emphasis on punk rock.

The film begins with a performance of the Clash's "Should I Stay, or Should I Go" and includes rehearsals and music-video versions of the Talking Heads' "Road to Nowhere," David Bowie's "Golden Years" and the Ramones' "I Want to Be Sedated."

We're introduced to the group,



In a scene from "Young@Heart," the chorus performs at a New England prison.

a spirited, tight-knit collection of grandparents and nursing-home residents, as they struggle through choral director Bob Cilman's edgy repertoire. But under his leadership, they turn a difficult song such as Sonic Youth's "Schizophrenia" into something beautiful.

When the group performs Bob Dylan's "Forever Young" for a prison audience, quite a few inmates choke up. But you don't have to be doing hard time to be soft-hearted about this delightful and inspiring film. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

Best Bets

ABC 8:30

Better Off Ted A typo in a memo about inappropriate behavior at Veridian Dynamics causes insults to start flying. Veronica (Portia de Rossi, right) begins to worry that her own promotion may have been the result of a typo, too.



CBS 8:00

NCIS Gibbs questions DiNozzo's ability to do his job when his father (guest star Robert Wagner) gets involved in their latest investigation, which focuses on the attempted assassination of a foreign prince in "Flesh and Bone," the series' 150th episode.

CBS 10:00

The Good Wife After a popular high-school quarterback dies of an overdose of painkillers, Alicia represents the physician (guest star Russell Hornsby) who prescribed the medication.

ABC 10:00



The Forgotten An unidentified man found dead inside a seepage pit leads Alex and the team into the world of medical trials. They discover the victim was a recently naturalized citizen who signed up to become a medical guinea pig. Michelle Borth and Anthony Carrigan, pictured, also star. (TRIBUNE MEDIA)

Laughs



Hey, Big Drinker

On "Scrubs" (8 p.m., ABC), Lucy learns the hard way about the dangers of becoming emotionally involved with those she treats when she befriends an alcoholic patient. J.D. and Turk (Zach Braff, Donald Faison) try to help Denise (Eliza Coupe) take her friends-with-benefits relationship with Drew to the next level. John C. McGinley and Ken Jenkins also star in "Our Drunk Friend." (TRIBUNE MEDIA)



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Poll Center

Today's Question

DO YOU THINK WORKING FOR FOX NEWS IS A SMART POLITICAL MOVE FOR PALIN?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Monday's Results

DO YOU THINK IT'S A GOOD IDEA FOR NBC TO MOVE JAY LENO BACK TO LATE NIGHT?



“Congratulations, Jay, you just botched your retirement because you couldn’t stay out of the limelight. He could have left on top, and now he looks like a jerk. I think Conan should find a new network.”

COMMENTER KATIE-OH

“I think it is a good idea.

While NBC was making money on his show (or so it says) it needs to avoid the impending affiliate [revolt.]”

COMMENTER JJH

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM



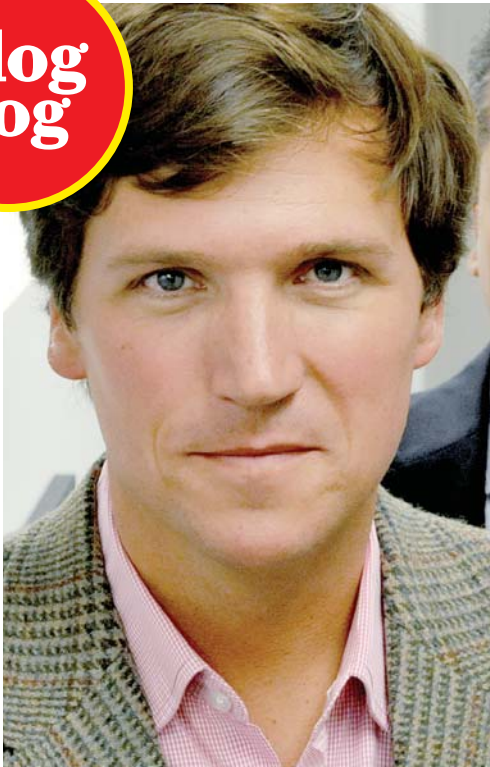
“Despite some killer design details, the GMC Granite tries to mix ‘professional-grade’ looks with city-slicker size. The result: a concept that screams ‘professional-grade hipster.’”

— JALOPNIK.COM OFFERS THOUGHTS ON THE NEW CONCEPT CAR UNVEILED AT THE 2010 DETROIT AUTO SHOW.



“I walk away from the Internet for one weekend and it’s International Race Fail Weekend, [it] turns out. These things are never on the calendar.”

— FIRST-DRAFT.COM WAS STUNNED BY THE COMMENTS OF FORMER ILLINOIS GOVERNOR ROD BLAGOJEVICH, WHO CLAIMED IN AN INTERVIEW WITH ESQUIRE MAGAZINE THAT HE WAS “BLACKER THAN BARACK OBAMA.”



“Good to see the Daily Caller has learned the lessons of HuffPo. [It’s] launch day, and the front page is already full of cleavage.”

— TWITTER.COM/DELRAYSER, A GOVERNMENT LAWYER AND BLOGGER, TWEETS HIS THOUGHTS ON THE NEW WEB SITE OF PUNDIT TUCKER CARLSON, WHICH FEATURED A PICTURE OF ALLEGED WHITE HOUSE GATE CRASHER CARLOS ALLEN WITH THREE BUXOM WOMEN.



“MY PERSONAL FAVORITE [at CES]: the ‘old people’ section with hearing aides and everything else for the technologically left behind who want to feel young again.”

— TECHLAND.COM RECAPS A HIGHLIGHT FROM THE CONSUMER ELECTRONICS SHOW IN LAS VEGAS THAT ENDED SATURDAY.

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puzzles lookout

Horoscope

CAPRICORN (Dec. 22-Jan. 19)

Your motives are pure, and what you want to do can benefit others perhaps more than you have anticipated. You have a fearless quality.

AQUARIUS (Jan. 20-Feb. 18) You may have to try something two, three, even four times before the fruits of your labors can be enjoyed.

PISCES (Feb. 19-March 20) Things may look bleak early on, but you'll be able to salvage the day and accomplish something that brings praise and advancement.

ARIES (March 21-April 19) Changes are likely to be made that are difficult to keep up with. Pay attention to what those around you are doing and saying.

TAURUS (April 20-May 20) Slow and steady wins definite results, but the excitement you are really after is not one of them. Still, use caution.

GEMINI (May 21-June 20) The difference between real and artificial will become more important to you. Others circle about you seeking influence.

CANCER (June 21-July 22) Guard against letting your temper get the better of you. Give any feelings free rein and you're likely to risk a great deal.

LEO (July 23-Aug. 22) You may have trouble understanding the instructions you're meant to follow. Don't hesitate to ask questions of those in charge.

VIRGO (Aug. 23-Sept. 22) You may have to struggle with conflicting motives — some of which are selfish, and some of which are not. Perhaps balance is the key.

LIBRA (Sept. 23-Oct. 22) It's time to step up to the plate and take your part in a contest that has attracted a great deal of attention of late.

SCORPIO (Oct. 23-Nov. 21) You're nearing a personal transition that will require you to navigate some rocky emotional terrain. Your training begins in earnest.

SAGITTARIUS (Nov. 22-Dec. 21) A relaxed atmosphere is favored. The more comfortable you and others are, the more you should be able to accomplish at home and at work.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 213

A ₁	E ₁	I ₁	O ₁	N ₁	R ₁	M ₃

3rd Letter Triple

--

RACK 1

E ₁	E ₁	U ₁	L ₁	T ₁	L ₁	P ₃

--

RACK 2

E ₁	E ₁	E ₁	I ₁	V ₄	H ₄	B ₃

Double Word Score

--

RACK 3

E ₁	I ₁	R ₁	N ₁	N ₁	V ₄	T ₁

--

RACK 4

Yesterday's Solution

P ₃	U ₁	S ₁	L ₁	I ₁	K ₅	E ₁	RACK 1 =	76
M ₃	U ₁	S ₁	K ₅	E ₁	T ₁		RACK 2 =	12
I ₁	R ₁	K ₅	S ₁	O ₁	M ₃	E ₁	RACK 3 =	73
L ₁	E ₁	G ₂	R ₁	O ₁	O ₁	M ₃	RACK 4 =	60
PAR SCORE 155-165								TOTAL 221

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

DIFFICULT

		6					7	
3					4			2
	9			8		3		
	3							9
2			7	1	5			8
6							5	
		5		3			1	
7			1					3
	8						4	

Yesterday's Solution

1	8	6	2	5	3	4	7	9
2	9	4	6	7	1	5	8	3
7	5	3	8	4	9	1	6	2
9	6	5	1	3	8	2	4	7
4	3	1	7	9	2	8	5	6
8	2	7	4	6	5	9	3	1
3	7	2	9	8	4	6	1	5
6	4	9	5	1	7	3	2	8
5	1	8	3	2	6	7	9	4

Need more Sudoku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

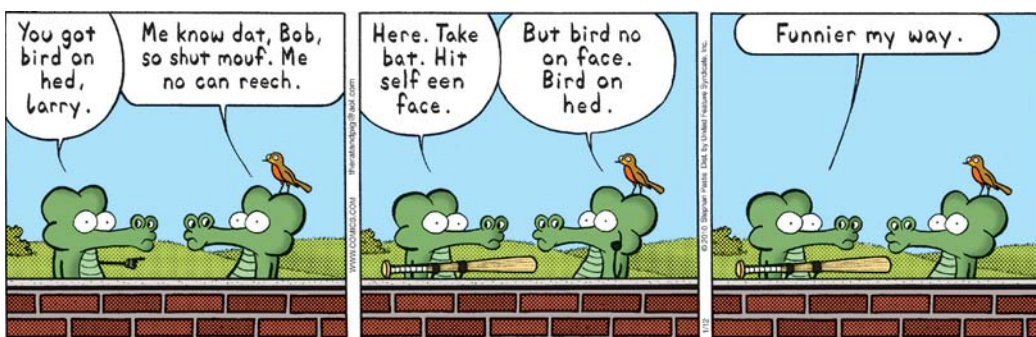
Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

38 | 23

Today: Cold today with clouds giving way to sun. Clear and cold tonight.

42 | 27

Tomorrow: Partly sunny tomorrow. Clear tomorrow night.

Looking Ahead

THU	FRI	SAT
50 30	52 33	45 29


Sun and Moon

Sunrise today: 7:26 a.m.
Sunset today: 5:07 p.m.
Moonrise today: 5:32 a.m.
Moonset today: 2:47 p.m.

Almanac

Normal high: 42
Record high: 75
Normal low: 27
Record low: 2

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lookout puzzles

Crossword

DISTANT RUNNING

ACROSS

- 1 Correspondent who travels with troops
- 6 Neighbor of Libya
- 11 Droop in the middle
- 14 In need of tightening
- 15 Merchandise in the hold
- 16 252 wine gallons
- 17 Good things to have in winter
- 19 "The Stepford Wives" writer Levin
- 20 Between half and all
- 21 Quilters' gatherings
- 22 "Minute" or "hour" lead-in
- 23 Crab's sensor
- 25 Neglects to include
- 27 A handshake may clinch it
- 28 "Totally cool!"
- 30 Like a string bikini
- 32 Old jet-set jet
- 33 Full of good advice
- 35 White House assistant
- 36 Small hairless caterpillars
- 39 Chaucer offering
- 41 Choice in fencing
- 42 Cozy drink?
- 45 Acute
- 47 Idealistic
- 49 "Jeopardy!" host
- 50 Ankle bones
- 53 ___-inflammatory
- 54 Sticky stuff in La Brea
- 55 "Hi!" on the high seas
- 56 They catch acrobats, on a bad day
- 58 Cato's eggs
- 59 Some railway employers
- 63 Set up
- 64 Submit for judging
- 65 Middle Eastern rice dish (var.)
- 66 Common contraction
- 67 Company that merged with Kmart
- 68 Positive feedback

DOWN

- 1 One with a pole position?
- 2 Part of a stock exchange?

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
17						18						19		
		20					21					22		
23	24				25	26					27			
28				29					30	31				
32				33			34			35				
			36					37	38					
	39	40					41					42	43	44
45					46			47			48			
49					50	51	52				53			
54					55				56	57				
58				59				60				61	62	
63					64						65			
66					67						68			

EDITED BY TIMOTHY E. PARKER

- 3 Mini-surge in business
- 4 Bars, in law
- 5 Wets the morning grass
- 6 Retail products co.
- 7 Metrical feet
- 8 Extend a welcome to
- 9 Entrance's opposite
- 10 "Lady Sings the Blues" star
- 11 Scholarship allowance
- 12 Tinged with gold
- 13 Like an old tree trunk
- 18 Kind of bomb or clock
- 23 Joad and Kettle
- 24 "Isn't that cute!" exclamations
- 26 Fit together, as gears
- 27 Lectern stand
- 29 One with a deed
- 31 A bit more than a

- walk-on
- 34 Ma that says "maa"
- 36 Holm oak
- 37 "Mr. Holland's ____" (Richard Dreyfuss film)
- 38 Part of the eye
- 39 City of Israel
- 40 At C level?
- 42 Certain tree decorations
- 43 Opposite of fast
- 44 Darth Vader, as a boy
- 45 Inner enlightenment
- 46 Colorless, odorless gas used as fuel
- 48 York Peppermint ____
- 51 Main artery from the heart
- 52 Winona of "Beetlejuice"
- 55 "For" votes

- 57 Cable sports network award
- 60 Bride's new title
- 61 "Norma ____" (Sally Field film)
- 62 Pension starter?

Yesterday's Solution

1	2	3	4	5	6	7	8	9	10	11	12	13
P	L	A	T	B	A	S	R	A	G	S		
14	L	O	N	E	E	N	T	E	R	A	N	N
15	U	L	N	A	A	D	A	G	E	M	E	A
16	S	L	O	W	I	N	G	T	O	A	C	R
17	C	H	I	G	O	E	A	M	I	D		
18	A	E	R	O	A	R	O	N	P	A	S	
19	G	R	I	N	D	I	N	G	T	O	A	H
20	E	S	S	H	O	O	E	Y	I	D	E	A
21	F	A	U	N	J	E	R	S	E	Y		
22	A	L	E	B	E	M	O	T	E			
23	D	R	A	W	I	N	G	T	O	A	C	L
24	R	E	T	E	I	N	U	R	N			
25	O	N	E	S	L	A	D	E	N			
26	M	A	R	T	S	T	E	L	A	G	E	N

Today in History

- 1862** Congress authorizes the Medal of Honor.
- 1977** President Jimmy Carter defends Supreme Court decisions limiting government payments for poor women's abortions, saying, "There are many things in life that are not fair."
- 1991** Congress grants President George H.W. Bush the authority to use force to drive Iraq from Kuwait.

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Adapt you. "Personal Tech" can give you cool and useful tools. Mondays.

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XX1702x5

**TRANSLATION****'Whatever, Losers'**

Barbara Walters says NBC News tried to hire her back last June, but she decided to stay at ABC. The 80-year-old said Monday on "The View" that "it was a very flattering offer." "I just want to say that in spite of the fact [that NBC skews] young, young, they did make me this offer and now I can publicly thank them," said Walters, who spent 13 years on the "Today" show. (AP)

MESSAGES**'This Hot Blonde Shows I Am Over You'**

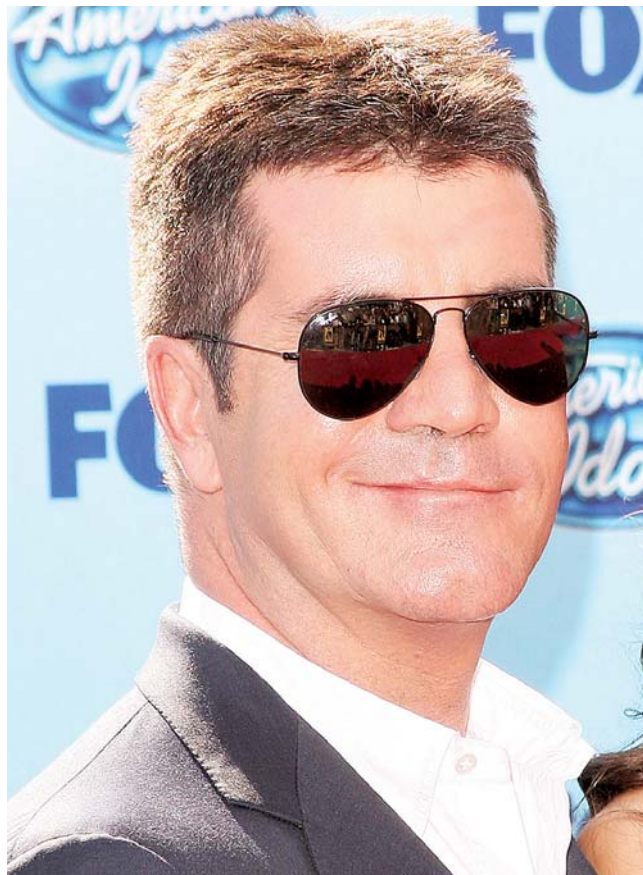
Michael Buble's publicist confirmed that the 34-year-old Canadian crooner proposed to his girlfriend, actress Luisana Lopilato, in November. The 22-year-old Argentinian plays Buble's love interest in the music video for "Haven't Met You Yet." Buble was previously engaged to Academy Award-nominated actress Emily Blunt. No wedding date has been set. (AP)



This photo masterfully encapsulates the concept of "rebound," does it not?

Siblings**'I Am Getting a Ring Before You'**

Kim Kardashian dispelled rumors Monday that sister Kourtney, who recently gave birth, is engaged. "I don't think Kourtney really is thinking about that right now," Kim Kardashian told radio host Kidd Kraddick. "I don't think she wants that responsibility right now. She's just having a good time loving being a mom." (EXPRESS)



JASON MERRITT/GETTY IMAGES

DEATHLESS**Evil One Riseth Again**

Simon Cowell will leave "American Idol" after this season. The cantankerous judge said that "The X Factor," a show he created and that's a hit in Britain, will join Fox's schedule next year. Cowell will be on "The X Factor." "I was offered a lot of money to stay on," Cowell told reporters Monday. "But that wasn't the reason behind it. I wanted to do something different. I wanted a new challenge." (AP)

**GRIEF****No Live-Blogging of Casey Johnson's Funeral**

Tila Tequila is not invited to Casey Johnson's funeral, according to Us. "Nobody will give her the details. ... She is extremely frustrated, as what she shared with Casey was real and special," a source told Us, which also reported that Tequila has Tweeted 160 times about Johnson's death. (EXPRESS)

"I feel sorry for Tiger Woods. Why are we talking about this when we're sending 30,000 more troops to Afghanistan?"



— MEL GIBSON, WHO SAYS TIGER WOODS IS "BEING USED AS A DIVERSION" (WHO OR WHAT IS USING HIM IS NOT SPECIFIED) AND THAT IT "JUST DRIVES ME CRAZY."

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